

# Tinolang Manok

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/east-west-papaya-chicken-recipe>

## Ingredients:

- 2 pounds chicken cut into serving pieces
- 1 cup leaves malunggay
- 1 cup pepper leaves
- 1/8 teaspoon ground black pepper
- 1 piece papaya unripe, wedged
- 6 cups water
- 1 piece chicken Knorr, cube
- 1 piece onion sliced
- 4 cloves garlic crushed and chopped
- 3 ginger thumbs, julienne
- 2 tablespoons patis fish sauce
- 3 tablespoons vegetable oil

## Nutrition:

1. Calories: 420 calories
2. Carbohydrate: 18 grams
3. Cholesterol: 145 milligrams
4. Fat: 18 grams
5. Fiber: 3 grams
6. Protein: 48 grams
7. SaturatedFat: 3 grams
8. Sodium: 900 milligrams
9. Sugar: 3 grams

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